

## 5 A Day Recipes

### Soups and Stews

#### Northeast Cream-That-Broccoli Soup

**Serves 6-8**

- 3 medium brown russet potatoes
- 1½ pounds fresh broccoli
- 3½ cups fat free, low sodium chicken broth
- 5 cloves garlic
- 1 teaspoon olive oil
- salt to taste
- Optional: pepper to taste, ½ cup grated Parmesan cheese for garnish

Bring a large pot of water to a boil.

Meanwhile, quarter the potatoes, leaving skin on, and add them to the pot of boiling water. Cook for 20-25 minutes, or until potatoes are very soft.

Meanwhile, remove any tough ends from the broccoli. Chop the broccoli into bite sized pieces and steam for 5-7 minutes, using a steamer insert that can go in the large pot of potatoes. Peel and mince the garlic, and heat the oil in a small pan on medium heat. Gently sauté the garlic for 3-4 minutes, until soft and light brown.

Drain the potatoes. Blend the potatoes and broccoli with the chicken broth in a blender, working in batches since the blender will not be large enough for all ingredients at the same time. Once done, pour the puree into a large pot and reheat, adding salt and pepper. Serve garnished with Parmesan cheese.

This is an official 5 A Day recipe, and provides 6 people with one serving of vegetables each.